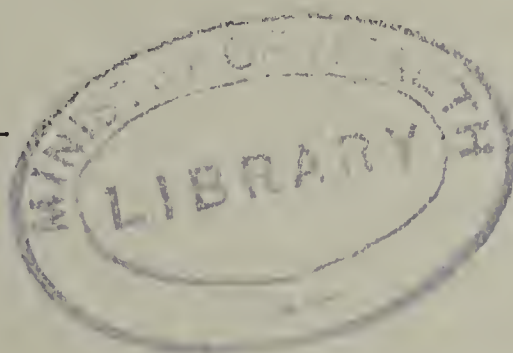


Library

RURAL DISTRICT OF ST. FAITH'S
AND AYLSHAM



THE

Annual Report

OF THE

MEDICAL OFFICER OF HEALTH

(IRENE B. M. GREEN, M.D., B.S., D.P.H.)

TOGETHER WITH THE

REPORT OF THE
SENIOR SANITARY INSPECTOR

(H. S. HAWKINS, A.M.I.S.E., C.R.S.I.)

1953

S T A F F

Medical Officer of Health:

IRENE B. M. GREEN, M.D., B.S., D.P.H.

Senior Sanitary Inspector, Surveyor and Inspector under Petroleum Acts:

H. S. HAWKINS, A.M.I.S.E., C.R.S.I.

Deputy Senior Sanitary Inspector :

W. R. FRYER. A.R.SAN.I., M.S.I.A.

Sanitary Inspectors :

B. J. PALMER, A.R.SAN.I., M.S.I.A.

J. TOWNSEND, A.R.SAN.I.

Chief Clerk :

MISS P. RAY.

Clerical Staff :

M. C. DUFFIELD (to 21.9.53).

J. F. POUND (from 1.1.53 to 28.5.53).

MRS. M. SMITH (from 1.1.53).

I. KIDD (from 15.6.53).

C. WATSON (from 6.7.53).

E. F. PUMMELL (from 21.9.53).

Assistant Surveyor :

F. B. ALVES, A.M.S.E., A.I.A.S.

Temporary Technical Assistant :

W. G. CHASTNEY, A.I.B.E.

THE ANNUAL REPORT

OF THE

MEDICAL OFFICER OF HEALTH

(IRENE B. M. GREEN, M.D., B.S., D.P.H.)

FOR THE

Rural District of St. Faith's and Aylsham

NORFOLK

for the Year ending 31st December, 1953

MR. CHAIRMAN, LADIES AND GENTLEMEN,

I have the honour to present my Annual Report for the year 1953.

The estimated mid-year population was 37,950, an increase of 140 since 1952. It had been hoped that the 1951 census figures would have been available for analysis, but, as they have not yet been received, discussion of them must be postponed until the 1954 Report.

WEATHER CONDITIONS.

The weather at the beginning of the year was very cold with snow and prolonged fog, which did not lift for seven days in the Norwich area. The end of January brought abnormal conditions of tide and wind, which caused severe floods and loss of life along the Norfolk coast. Fortunately, no damage occurred in this rural district.

A very warm spell came suddenly towards the end of February with occasional temperatures in the seventies and this went on till the end of March.

The later spring was marred by cold winds and, except for a short warm period at Whitsun, the rest of the summer was in the main wet and cold with very little real holiday weather. The unpleasant summer was followed by an exceptionally mild autumn which continued right up to the end of December with an almost complete absence of frost.

The weather of 1953 had less to be commended about it than usual, the only redeeming features being a short warm early spring and a prolonged genial autumn.

VITAL STATISTICS.

There were 555 live births and 510 deaths registered during the year, which is 26 more births and 124 more deaths than in 1952. Illegitimate births amounted to 31.

The birth rate has risen slightly to 14.6 from 14.0 in 1952, but still remains below the rate for England and Wales (15.5). The crude death rate has risen slightly from 10.21 to 10.34 in 1953, though still below the national figure of 11.4.

Comparability figures give an adjusted local birth and death rate of 15.18 and 9.71 respectively.

As in 1952, there were 16 deaths of infants under one year of age, but as there were more live births, the infant mortality rate has declined from 30.24 in 1952 to 28.83 in 1953. This is to be compared with the national rate of 26.8. Half these infant deaths took place in the first week of life and half of these on the first day. No infant died between the ages of six months and one year.

The causes of 8 infant deaths could be classed as inevitable, *i.e.*, due to prematurity or congenital defects, while the other 4 deaths were preventable, being due to 1 accident and 3 cases of infection, all of which were respiratory and one complicated by a rupture.

Only 2 deaths were registered between the ages of 1 and 20 and both were young children. One was a child of 3 killed in a road accident and the other a baby of 18 months who died of broncho-pneumonia. It is notable that no school child, or young person in their teens, died during the year.

There were 6 deaths between the ages of 20 and 30, 7 between 30 and 40, and 27 between 40 and 50.

The 13 deaths of younger adults (20—40) were due to the following causes:—

Violence	3	Suicide, Flying, Home accident
Acute illness	1	Kidney
Chronic illness	1	Intestinal
Malignant disease	2	Cancer and blood disease
Heart & circulatory disease	4	Heart 2, circulatory 2.		
Mischance	2	Obstetrical, Psychiatric
			—	
Total			13	
			—	

73% of all deaths occurred over the age of 65 and 48% over the age of 75. The commonest causes of death were diseases of heart and circulation (191) and malignant disease, including cancer (62) (compared with 65 in 1952).

Deaths from Cancer of the Lung.

A survey of deaths from cancer of the lung during the ten years 1942-52 shows the following facts:—

			<i>Males</i>	<i>Females</i>	<i>Total</i>
Cases during 1942-1947	13	2	15
Cases during 1948-1952	25	6	31
			—	—	—
Total cases in 10 years	38	8	46
			—	—	—

It will be seen that the total figures for both sexes have doubled in the last five years, but that this disease is predominantly one affecting the male sex.

Further analysis of the male cases by age group gives the following result:—

<i>Age group</i>				<i>Cases</i>
20—30 years	1
30—40 years	2
40—50 years	2
50—60 years	16
60—70 years	13
70 years and over	3

From these figures it is obvious that the age group 50—70 is that most prone to develop cancer of the lung. With modern chest surgery it is possible to cure many such cases, but these can only be diagnosed at the early curable stage by an x-ray of the chest. It is very important, therefore, that older men should take every opportunity of having their chests examined by the Mass Miniature X-Ray Unit when it is available.

Recent evidence seems to suggest that there is an association between heavy cigarette smoking and cancer of the lung. Heavy smokers, therefore, would be wise to have regular chest x-rays and still wiser to curtail the amount they smoke.

INFECTIOUS DISEASE.

There were 365 cases of infectious disease (excluding tuberculosis) notified during 1953. This is only half the incidence in 1952, mainly due to reduced prevalence of measles and whooping cough. Apart from these two infections, the general incidence varied little from that of the last two years except for minor variations such as less dysentery and rather more cases of pneumonia.

Scarlet Fever.

There were 79 cases of scarlet fever, 20 more than in 1952, the majority (54) affecting the early school age group 5—10. The local incidence was above the rate for the country as a whole and was largely accounted for by two small epidemics reaching their peaks in January and March. During the rest of the year the incidence was low.

The parishes chiefly affected were Hellesdon (21) and the nearby parishes of Drayton, Taverham and Horsford. Only 2 cases were admitted to hospital and no complications were reported.

Measles and Whooping Cough.

Although measles was much less prevalent in 1953, there was a minor spring epidemic mainly affecting Sprowston (50) and Aylsham (10) which had its peak in March and did not subside until May. It was chiefly a school infection and very few younger children were affected. No case was admitted to hospital and there were no reports of complications.

There were only half the number of cases of whooping cough compared with 1952, half of these being of school age, but there were no fatal cases or complications.

Diphtheria.

It is again a pleasure to report no cases of diphtheria during the year. I am glad to note that most parents are having their children immunised as a matter of course and it is certain that it is the highly protected state of the child population which is keeping this dangerous disease from making its local reappearance.

Poliomyelitis.

For the first time for many years, no case of poliomyelitis was notified in the district.

Enteric Group.

One case of paratyphoid B was notified from a local mental hospital. He was a man of 55, a resident of Norwich, discovered to be a chronic carrier on admission to hospital. No further cases were reported.

Dysentery.

18 cases of dysentery were notified affecting 10 households. Most of these were children living in hutments on the same site at Rackheath. There was a considerable amount of dysentery in the City about this time and most of the families affected had at least one member working in Norwich.

A few adult cases were employed at an office in Norwich where there was a small outbreak at the time.

All cleared up eventually and no complications were reported even amongst the infant patients.

Food Poisoning.

Only two cases of food poisoning were notified. One was due to salmonella typhimurium, the source of which was never discovered and the second was caused by salmonella newport, contracted on an Atlantic liner where similar cases had occurred.

Both made a complete recovery and no further cases were reported.

Tuberculosis.

Mortality.

There were 5 deaths from pulmonary tuberculosis in 1953, 1 less than the year before. The fatal cases were all over 47, the oldest being 71. It cannot therefore be said that life was much shortened by the disease. It is notable that mortality amongst young adults at their most vigorous and productive age has been dramatically reduced in recent years. There is no doubt that early diagnosis and treatment at a curable stage is a major factor in this happy result.

There were no deaths from non-pulmonary disease.

Incidence.

26 new cases were notified which is 8 less than in 1952, 18 were males and 8 females. It is interesting that 16 out of the 26 cases were over the age of 35, this preponderance of older cases being more marked in the males. 5 cases were diagnosed over the age of 65, showing a continued awareness that the elderly bronchitic may be suffering from tuberculosis. It makes me wonder how many younger persons have been infected by these longstanding cases, whose own lives have not been shortened by the disease. Prompt and effective treatment of early cases should gradually eliminate this chronic ambulant type of patient whose infection goes on for years and who is a constant danger to younger contacts.

There were 4 new cases of the non-pulmonary type, 2 children and 2 adults. 3 of these, 2 adults and a child suffered from infected neck glands and 1 child had tuberculous meningitis. As infected milk is frequently responsible for this type of disease, the reduced incidence is probably a direct result of increased pasteurisation and more T.T. herds.

The milk supply is always carefully investigated and a clinical examination offered to close contacts of both types of case.

The case of Meningitis was specially interesting as examination of family contacts took place before the diagnosis was quite certain, and the father of the child was found to have active pulmonary disease with a positive sputum. This information confirmed the diagnosis of tubercular meningitis in the child. This was a most useful co-operative effort by all concerned.

Diagnosis.

It has been possible to include results of sputum examinations for notified and suspected cases in the last three Annual Reports. Unfortunately, the practice of sending relevant copies of these reports to Medical Officers of Health was discontinued in October. This was a retrograde step in the coordination of the preventive services and it is strongly urged that this procedure should be started again.

The relevant data for the first nine months of 1953 are given below:—

<i>Nature of Specimen Examined</i>		<i>Cases already Notified</i>		<i>Cases not on T.B. Register</i>		<i>Total</i>
		<i>No. Positive</i>	<i>No. Negative</i>	<i>No. Positive</i>	<i>No. Negative</i>	
Sputum	...	14	21	5	83	123

Treatment.

The number of admissions to the Sanatoria were as follows:—

				<i>Male</i>	<i>Female</i>	<i>Total</i>
1947	3	2	5
1948	3	3	6
1949	6	4	10
1950	9	9	18
1951	14	16	30
1952	19	23	42
1953	14	15	29

Cases admitted before 1.1.53

and still in hospital during 1953 10 9 19

Although the actual number of admissions is less than in 1952 it will be seen that 48 patients received sanatorium treatment during the year, this is about a quarter of the total cases on the register and considering that there were only 26 new cases notified, it suggests that adequate sanatorium beds are now available.

The average length of stay in hospital was about four and a half months.

Prevention.

B.C.G. vaccination continues to be offered to all young and susceptible contacts of a known case and is being increasingly appreciated by parents.

The figures for the County are given below:—

			1953	1952	1951	1950
Contacts of known cases: 0— 4 years	53	84		
„ „ 5—15 years	*317	56		
„ „ over 16 years	34	11		
School leavers	291		
Other negative reactors		35		
			—	—	—	—
		Totals	404	477	314	99
			—	—	—	—

* Includes school leavers.

It was hoped that the extension of this protective vaccination to susceptible school leavers would have been arranged by now, but unfortunately the County Council has not yet seen fit to extend its scheme. From the point of view of the fringe parishes of this district where the large majority of our cases are found, I feel that vaccination should be considered as a protective measure.

Most of our school leavers from Hellesdon and Sprowston go into Norwich to work amongst the hazards of unknown infection in factory, office or works and it is known that infection first encountered in the late teens is likely to result in more serious illness than at any other time of life. If B.C.G. vaccination can give some protection, and there is quite good evidence that it does, then it seems regrettable that it should not be available to all those whose parents are wise enough to desire it for them.

Mass Miniature Radiography Unit.

The Mass Miniature Radiography Unit was in session in Norwich from May 19th to November 6th excepting the month of August.

By the courtesy of the Medical Director I am able to give the following figures:—

			<i>Numbers found with active Tuberculosis</i>			<i>Cancer of Lung</i>
			<i>Male</i>	<i>Female</i>	<i>Total</i>	<i>Male</i>
Total examined ...	29,778		15	11	26	7
County residents ...	8,916		5	2	7	1

I cannot urge too strongly that it is real prudence for every adult to take advantage of the free X-ray service provided by the Mass Miniature Radiography Unit when it is in session in Norwich. The examination takes only a few minutes, no undressing is needed and appointments can be made in advance.

The great value of a chest X-ray is that it can discover a disease at a stage when it would be unrecognisable by any other means. This applies not only to tuberculosis, but to cancer of the lung and other chest diseases. It is at this early stage that treatment is most likely to be effective.

General Remarks.

The battle against tuberculosis is being slowly won, but continued progress can only be maintained if all concerned, including patients and the general public, are prepared to pull together and pool all useful information. There is still much administrative tidying-up to do before we have a perfect scheme.

Tuberculosis, is, after all, an infectious disease and if all infectious cases could be controlled or rendered non-infectious there would be no more cases. This aspect of the problem tends to become a little obscured by the longstanding nature of many forms of the disease and it does no harm to be reminded of it.

FOOD AND DRUGS ACT, 1938-48.

Milk and Dairies Regulations, 1949.

The following table gives a summary of action taken under the above regulations:—

	<i>Brucella</i>	<i>Anthrax</i>	<i>Tuberculosis</i>	<i>Total</i>
No. of restriction notices imposed during 1953 ...	2	—	1	3
No. still operative at beginning of 1953 ...	1	—	1	2
No. withdrawn during the year	1	—	1	2
No. of notices still operative at the end of the year ...	*2 part notices	—	*part notice	—

* Note: Part notices operative in respect of positive animals.

No. of cases of voluntary pasteurisation during the year ...	—	—	1	1
No. of cases of voluntary pasteurisation where sampling completed during 1953	1	—	—	1

During the year, notification of positive samples was received in respect of six herds, three for tuberculosis and three for brucella abortus. As all the milk from two of these herds was already being pasteurised, no action was necessary under the regulations in these cases.

In the two herds infected with brucella abortus, restriction notices were served and remained operative on the infected animals only. In the two herds giving positive tuberculous bulk samples, the whole herd was placed under restriction until the infected cow had been found and slaughtered and a negative sample obtained from the rest of the herd in each case.

It is disturbing to find that in 1953 it is still possible for cows with tuberculosis of the udder to be part of a herd from which milk is sold to the consumer in a raw state. Until we get universal pasteurisation, it would appear that more frequent and thorough veterinary inspection of all milk herds is essential.

Anthrax Order, 1938.

Only two restriction notices were received under the Anthrax Order and only one of these was confirmed.

This positive case concerned six small pigs which were part of a litter of twelve. The remaining six and the sow were inoculated by a veterinary surgeon and were not affected.

The incidence is much less than in 1952 when there were nine cases confirmed during the year.

HOUSING.

Waiting List.

	1953	1952	1951
Applicants at 31st December	965	1085	1156

Analysis of Waiting List.

Size of Family {	Families with 2 or less children	863	960	1035
	Families with 3 or more children	102	125	121
Type of Family {	Agricultural workers	160	188	202
	Others	805	897	954

Local Authority Houses.

Position at 31st December:

Pre-war	564	565	565
Post-war	882	822	684
	<hr/>	<hr/>	<hr/>
Total ...	1446	1387	1249
	<hr/>	<hr/>	<hr/>

Total Houses Completed during the year:—

Local Authority Dwellings	60	138	146
Private Dwellings	250	68	38

Ex-Government Camps:

No. of families occupying these Camps at 31st December	77	104	159
Total number of applicants housed in Camps from waiting list during the year ...	2	11	23

There was a further reduction of 120 in the numbers on the waiting list at the end of the year and 60 houses were erected by the Council, about half the number completed during 1952.

However, in addition to these 60 Council houses, building licences were issued for the crection of 283 private dwellings. The proportion of new houses for private ownership has greatly risen this year being over four times the figure in 1951. This is the first year since the war that private building has exceeded that carried out by the Council. This proportion is likely to increase and the momentum of this increase will largely depend on the financial aspect. If it is possible for building costs to be reduced further by labour saving machinery and new and cheaper materials, then more people will be enabled to become house-owners without a too crippling liability of rent. Indced, the time may come when the occupation of a Council house may be a more expensive way of living.

Ex-Government Camps.

It is gratifying to note that more hutments have been evacuated during 1953 and that only 77 remained in occupation at the end of the year. Many of the families still living in these dwellings are awaiting re-housing by Norwich City Council so that their ultimate closure does not solely depend on this Council.

A housing problem which is frequently brought to my notice is that of the young couple with young children who have not been on the waiting-list long enough to expect early consideration, but whose actual needs will never be more urgent. Usually in rooms or with relatives, they find it well-nigh impossible to give their babies the space and isolation they need for health. I would urge the Committee to give serious consideration to the requirements of young children for adequate living space. The baby and the toddler need more air and space than even older children. They are very vulnerable to the human infection so common in overcrowded quarters for, until of school age, they must perforce spend twenty-four hours a day in their home environment.

Slum Clearance.

Although the Rural Housing Survey was completed in 1950 and given in detail in the 1951 Report, it has not been possible to take much effective action in regard to the Grade V property.

Individual unfit houses have been dealt with from time to time, but no comprehensive plan has yet been put into operation.

I hope that 1954 will be a year of real progress in this direction.

Improvement of Older Houses.

Each year more property owners apply for improvement grants to enable them to bring their property up to reasonable modern standards and as water supply and sewerage schemes are completed an increasing number of households acquire these modern amenities.

WATER

Supply.

There has been no shortage of water in the district during the year.

It is pleasing to report that a main water supply is now available in several more parishes.

Norwich main extensions have been made to the villages of Horstead, Spixworth, Newton St. Faith's, Hainford and Frettenham. The test of the Salle bore was found to be satisfactory for the purposes of a public supply.

Article of Diet.

Water is a vital constituent of the diet of the animal world and without it all animals, including humans, rapidly succumb. However, water as found in nature, is not simply a liquid with the chemical formula H_2O . It is always a solution of chemicals in varying amounts, depending upon the source of supply. Iron, lime salts and nitrates are commonly found and some of these when occurring in excess have sometimes to be reduced in quantity before the water is considered suitable for public consumption.

A usual constituent of water is fluorine which occurs in amounts varying from 0.1 parts per million to 6 parts in some districts of Britain and has been reported as being as high as 30 parts in some places abroad.

In those districts where public water supply has always contained at least 1 part per million of fluorine it has been proved that there is only half the amount of dental disease compared with low-fluorine areas.

This discovery has shown how important it is to have adequate fluorine in the diet, particularly in the pre-natal, infant and childhood stages of life. The action appears to be on the tooth structure itself and adequate fluorine seems to make harder teeth, which are more resistant to disease and decay.

The logical procedure is therefore to ensure that the right amount of fluorine is available to all those using a public water supply by either adding or subtracting it according to the proportion found in the raw water.

Unfortunately, Norwich water, which is supplied to a large part of this district is seriously deficient in fluorine having only about 0.1 parts per million in the raw water.

To obtain the wholly beneficial effect of fluorine on the teeth of the future population it is necessary to increase the amount present in the Norwich water to at least 1 part per million, as found naturally in the supplies at Diss and Hethel.

It is to be hoped that arrangements will soon be made for this excellent preventive health measure to be put into operation.

SEWERAGE.

The Aylsham Sewerage Scheme was completed in 1953 and was officially opened in May. By the end of the year, a certain number of applications for connections had already been received.

Main sewerage is urgently required for the parish of Reepham and it is hoped that some progress will be made with this scheme in 1954.

The fringe parishes of Sprowston, Catton and Hellesdon are still the most pressing problem from the point of view of sewage disposal as extensive building is taking place and still more is planned for the near future. The practice of pumping out cesspools on to the gardens in such a built-up area certainly does not add to the amenities of the parish even if it could not be proved to be an actual danger to health.

It will be a great boon to the district when the extension of the Norwich sewage works and the laying of new sewers is completed so that the fringe parishes can be served by them.

SOCIAL HEALTH.

Four more old people's clubs have been started during 1953:—

Buxton and Lamas (alternate meetings).

Great Witchingham and district.

Hainford.

Spixworth.

Successful clubs continue to meet in the following parishes:—

Aylsham	Foulsham	Rcepham
Old Catton	Hellesdon	Salhouse
Cawston	Horsford	Sprowston
Coltishall	Marsham	Swannington
Drayton	Oulton	Wroxham
St. Faith's		

There are now very few parishes in the district where this excellent voluntary service is not operating. I should like to see new clubs at Honingham and Hovingham in the near future. It could then be said that the large majority of the old people of the district had a club within a reasonable distance.

It is hoped that out of the voluntary Club committees will be developed a real friendly welfare service for the elderly of each parish, following up past members who have had to go into hospital for treatment or into a hostel for care. Also that such benefits of club membership as they can enjoy will be made available to the house-bound and the bedridden of the parish. The Club is most necessary, in fact, to those who cannot get to it.

•

Housewives.

In recent years many loads have been lightened. Shorter hours for the worker, holidays with pay and regular half days have all reduced the strain on large sections of the population.

The burden of the housewife with young children, however, has been little affected by these changes and her hours of service to the family are as long as they ever were. Everyone needs a day or even a few hours off occasionally and I am shocked to find some mothers never enjoy this luxury and no-one seems to think they should.

Many husbands seem particularly selfish in this connection, never offering to be child-minders to allow their wives a little relief from this duty.

A regular service of baby-sitters would be a boon to many parents and there seems no reason why these should not be recruited from the ranks of the more able-bodied elderly people. Such a service might be arranged through some of the old people's clubs and would be of mutual benefit, bringing a possibly lonely elderly woman into touch with a young family and giving a young couple a chance to enjoy an evening out together with an easy mind.

Far too many young children are seen going home with their parents late at night, long after they should have been in bed and asleep. If good child minders were available this should seldom be necessary.

COUNTY SERVICES.

Infant Welfare Service.

Full infant Welfare Centres are held in the following parishes with a Medical Officer in attendance at each session:—

<i>Parish</i>	<i>Address</i>	<i>Date Held</i>	<i>Time</i>
Aylsham	... Ian Sears Clinic	First Friday every month	2—4
Cawston	... Memoria. Institute	First Tuesday every month.	2—4
Coltishall	... Church Room	First Wednesday every month.	2—4
Hellesdon	... Mile Cross Methodist Church Hall	First and third Monday every month.	2—4
Horsham St. Faith's	Mission Room	Last Thursday every month.	2—4
Salhouse	... Women's Institute	Last Wednesday every month.	2—4
Sprowston	... St. Cuthbert's Church Hall	Second and last Friday every month.	2—4
Wroxham	... Church Hall	First Wednesday every month.	2—4

The clinics at Coltishall, Cawston and Horsham St. Faith's were upgraded from Nurses weighing centres owing to the large numbers of mothers attending them.

In addition, the District Nurses hold weighing centres in the following parishes and a Medical Officer attends occasionally:—

Blickling	... Social Welfare Centre	First Monday every month.	2—4
Foulsham	... Nurse's House	Last Wednesday every month.	2—4
Haynford	... Parish Hall	First Thursday every month.	2—4
Hevingham	... St. J.A.B.H.Q.	Third Friday every month.	2—4
Honingham	... Institute	First Tuesday every month.	2—4
Horsford	... Parish Hall	Second Thursday every months.	2—4
Lenwade	... War Memorial Hall	Second Monday every month.	2—4
Reepham	... Bircham Institute	Second Friday every month.	2—4
Spixworth	... Social Hall	Third Thursday every month.	2—4
Horsham St. Faith's Aerodrome	R.A.F. Station	First and third Tuesdays every month.	2—4

A continued good attendance at all these centres shows how much this service is valued by the mothers.

Welfare Services.

Headquarters, Local Health Office, Area No. 4, Aspland Road, Riverside Road, Norwich.

A County Welfare Officer and an assistant provide general welfare services in the district as well as carrying out statutory duties connected with the Mental Health Service.

In addition to the Headquarters Office, the public can obtain advice at the contact point at:—

Bircham Institute, Reepham, Wednesday afternoons 3.30—4 p.m.

The old people's clubs are visited regularly by the Welfare Officers who are able to give friendly advice and help to any member who has a personal problem. This unique opportunity of having skilled advice available to many people at one visit is not the least of the advantages of old people's clubs.

Home Help Service.

A domestic help service is available for various categories of people such as the old and the acutely ill, in maternity cases and in households where children are left without the care of a mother. It costs much less to put a domestic help into the home than to provide institutional care for some or all of the family. Unfortunately, the money is chargeable to the rates in the one case and to the Exchequer in the other and there appears to be no machinery for the adjustment of grants which would effect a real economy in public expenditure.

In most cases it is much better to deal with people in their own homes whether they be sick, old or immature and an expanding home help service is one of the vital factors in such a policy.

GENERAL SURVEY.

The health of the district has been good during the year.

A fall in both the infant mortality rate and the death rate from tuberculosis are indications of good community health.

The slow but steady progress with water and sewerage schemes is a matter of real satisfaction.

Early action is needed for the abolition of slum property.

CONCLUSION.

In conclusion, I should like to thank the Chairman and Members of the Public Health Committee for their never-failing help and encouragement and to express my appreciation of the efficiency of the staff.

I have the honour to be,

Your obedient servant,

(Signed) IRENE B. M. GREEN,

Medical Officer of Health.

GENERAL STATISTICS.

Area (in acres)	93,005
Population (Census 1931)	25,648
Population (Census 1951)	37,623
Population (Estimated Resident 1953)	37,950
Number of structurally separate dwellings (1931)	7,660
Number of structurally separate dwellings (1953)	11,414
Rateable Value, 31st December 1953	£166,983
Estimated Net Produce of Penny Rate	£645

EXTRACTS FROM VITAL STATISTICS FOR THE YEAR

which relate to the net births and deaths after correction for inward and outward transfer as furnished by the Registrar General:

					St. Faith's & Aylsham		England & Wales
<i>Total Males Females</i>					1953	1952	1953
LIVE BIRTHS							
Legitimate ...	524	275	249	} Birth rate per 1,000 of esti- mated resident population ...	14.6	14.0	15.5
Illegitimate ...	31	11	20				
Total ...	555	286	269				

STILL BIRTHS

Legitimate ...	15	8	7	} Rate per 1,000 of estimated resident popu- lation ...	0.40	0.23	0.35
Illegitimate ...	—	—	—				
Total ...	15	8	7				

DEATHS

Total ..	510	255	255	} Crude death rate per 1,000 of the esti- mated resident population ...	10.34	10.21	11.4

Deaths from puerperal causes—Nil.

INFANT DEATHS

	<i>Total</i>		<i>Males</i>		<i>Females</i>	
Legitimate	15	8
Illegitimate	1	—
					—	—
Totals	16	9

	St. Faith's & Aylsham		England & Wales
	1953	1952	1953
Infant Mortality Rate per 1,000 live births	28.83	30.24	26.8

Ages at Death (Infants under 1 year)

<i>Ages</i>				<i>Males</i>	<i>Females</i>	<i>Total</i>
1st day	—	4	4
1-7 days	4	—	4
1-4 weeks	—	1	1
1-3 months	3	—	3
3-6 months	2	2	4
6-9 months	—	—	—
9-12 months	—	—	—
				9	7	16

The causes of death are given in the following table supplied by the Registrar-General:—

				<i>Males</i>	<i>Females</i>	<i>Total</i>
1	Tuberculosis of Respiratory System	3	2	5
2	Other forms of Tuberculosis	1	—	1
3	Syphilitic Disease	3	3	6
4	Diphtheria	—	—	—
5	Whooping Cough	—	—	—
6	Meningococcal Infections	—	—	—
7	Acute Poliomyelitis	—	—	—
8	Measles	—	—	—
9	Other Infective and Parasitic Diseases	1	1	2
10	Malignant Neoplasm of Stomach	4	9	13
11	Malignant Neoplasm of Lung or Bronchus	6	2	8
12	Malignant Neoplasm of Breast	—	2	2
13	Malignant Neoplasm of Uterus	—	4	4
14	Other Malignant and Lymphatic Neoplasm	18	17	35
15	Leukaemia and Aleukaemia	2	—	2
16	Diabetes	1	3	4
17	Vascular Lesions of Nervous System	31	45	76
18	Coronary Disease, Angina	30	18	48
19	Hypertension with Heart Disease	12	8	20
20	Other Heart Disease	40	57	97
21	Other Circulatory Disease	13	13	26
22	Influenza	1	6	7
23	Pneumonia	13	13	26
24	Bronchitis	8	8	16
25	Other Disease of Respiratory System	1	1	2
26	Ulcer of Stomach and Duodenum	2	—	2
27	Gastritis, Enteritis and Diarrhoea	2	1	3
28	Nephritis and Nephrosis	2	1	3
29	Hyperplasia of Prostate	6	—	6
30	Pregnancy, Childbirth, Abortion	—	1	1
31	Congenital Malformations	2	1	3
32	Other Defined and Ill-defined Disease	32	32	64

					<i>Males</i>	<i>Females</i>	<i>Total</i>
33	Motor Vehicle Accidents	3	2	5
34	All Other Accidents	15	4	19
35	Suicide	3	1	4
36	Homicide and Operations of War	—	—	—
All Causes ...					255	255	510

DEATHS BY AGE GROUPS, 1953.

Age Groups	Under 1	1-5	5-15	15-30	30-40	40-50	50-65	65-75	75-85	85 and Over	Total
Totals	16	2	—	11	7	27	75	125	176	71	510

NOTIFIABLE DISEASES (other than Tuberculosis).

The incidence of notifiable disease during the year is shown in the two subjoined tables: the first table sets out the total notifications, whilst the second shows the distribution according to age.

<i>Disease</i>	<i>Total Cases</i>	<i>Admitted to Hospital</i>	<i>Notification Rate per 1,000 Population 1953</i>	
			St. Faith's & Aylsham	England & Wales
Scarlet Fever ..	79	2	2.08	1.39
Whooping Cough	70	—	1.84	3.58
Measles ...	146	—	3.84	12.36
Poliomyelitis ...	—	—	—	0.11
Pneumonia ...	25	1	0.66	0.84
Dysentery ...	18	—	0.47	
Erysipelas ..	5	—	0.13	0.14
Infective Jaundice	3	—	0.08	
Puerperal Pyrexia	11	4	0.29	18.23
Ophthalmia Neonatorum	1	—	0.03	
Food Poisoning	2	—	0.05	0.24
Paratyphoid Fever	1	1	0.03	0.01
	361	8		

<i>Disease</i>		<i>Ages</i>														<i>Total</i>
		0	1	2	3	4	5	10	15	25	35	45	55	65		
Scarlet Fever	...	—	—	6	8	5	54	4	1	—	1	—	—	—	...	79
Whooping Cough	...	7	5	8	10	9	27	4	—	—	—	—	—	—	...	70
Measles	...	5	3	19	18	20	69	3	6	3	—	—	—	—	...	146
Poliomyelitis	...	—	—	—	—	—	—	—	—	—	—	—	—	—	...	—
Pneumonia	...	—	—	—	—	—	3	—	2	2	3	3	4	8	...	25
Dysentery	...	1	1	2	1	2	6	—	1	3	—	1	—	—	...	18
Erysipelas	...	—	—	—	—	—	1	1	1	—	—	1	1	—	...	5
Infective Jaundice	...	—	—	—	—	—	—	1	—	1	1	—	—	—	...	3
Puerperal Pyrexia	...	—	—	—	—	—	—	—	7	3	1	—	—	—	...	11
Ophthalmia																
Neonatorium		1	—	—	—	—	—	—	—	—	—	—	—	—	...	1
Food Poisoning	...	—	—	—	—	—	—	—	—	1	1	—	—	—	...	2
Paratyphoid Fever	...	—	—	—	—	—	—	—	—	—	—	—	1	—	...	1
Totals		14	9	35	37	36	160	13	18	13	7	5	6	8	...	361

TUBERCULOSIS.

Particulars of the new cases of Tuberculosis, deaths from the disease, and the total number of cases in the area during 1953, are given in the following tables:—

<i>Age Periods</i>	<i>New Cases</i>				<i>Deaths</i>			
	<i>Non-Respiratory</i>		<i>Respiratory</i>		<i>Non-Respiratory</i>		<i>Respiratory</i>	
	<i>Male</i>	<i>Female</i>	<i>Male</i>	<i>Female</i>	<i>Male</i>	<i>Female</i>	<i>Male</i>	<i>Female</i>
0— ..	—	—	—	—	—	—	—	—
1— ...	1	1	1	—	—	—	—	—
5— ...	1	—	1	—	—	—	—	—
15— ...	4	1	—	—	—	—	—	—
25— ...	1	1	—	2	—	—	—	—
35— ...	3	1	—	—	—	—	—	—
45— ...	2	1	—	—	—	1	—	—
55— ...	3	1	—	—	2	—	—	—
65— ...	3	2	—	—	1	1	—	—
upwards ...	—	—	—	—	—	—	—	—
Totals ...	18	8	2	2	3	2	—	—

<i>Type of Case</i>				<i>Males</i>	<i>Females</i>	<i>Total</i>
Respiratory	101	89	190
Non-Respiratory	23	33	56
Totals	124	122	246

Sanitary Inspector's Report

FOR THE YEAR 1953

I have the honour of presenting the following report for the year 1953.

NUMBER OF INSPECTIONS AND VISITS MADE DURING THE YEAR IN CONNECTION WITH SANITARY AND OTHER WORK.

Inspections under the Public Health Acts	588
Revisits to ascertain progress of work	240
Inspections under the Housing Acts	197
Revisits to ascertain progress of work	226
Inspections and revisits of Moveable Dwellings	72
Visits to Infectious Disease Cases	243
Inspections of Dairies	53
Rooms disinfected	30
Inspections of Slaughterhouses	332
Inspections of Food Premises	150
Inspections of Factories	50
Inspections in connection with Scavenging Schemes	506
Inspections of Sewerage and Water Supply Works operating and under Construction	576
Visits to Premises in connection with Proposed Water Supply and Sewerage Schemes	765
Samples of Water taken for Analysis	521
Inspections under Petroleum Acts	83
Other visits interviewing owners, etc.	859
Inspections under Building Bye-laws	2,860
				<hr/> 8,351 <hr/>

MEAT AND FOOD INSPECTION.

The following are the particulars of the work carried out in connection with Meat and Food Inspection during the year.

The number of carcasses inspected at the Slaughterhouse under the control of the Ministry of Food were as follows:—

Beef	1,340
Pork	4,197
Mutton	4,599
Veal	1,452
					<hr/> 11,588 <hr/>

The following is a summary of the meat condemned as being unfit for human consumption, and the bracketed figures indicate the number which were affected with Tuberculosis:—

BEEF—

25 Carcases and all Offal (12)	174 sets Lungs (121)
21 Forequarters (11)	88 Mesenteries (65)
2 Hindquarters	7 Spleens (2)
1 Foreleg	3 Hearts (2)
2 Hindlegs	5 Kidneys
2 pt. Forequarters	3 Tripes
26 pt. Hindquarters (4)	2 sets Ribs
169 lbs. Beef	4 Complete sets of Offal
66 Heads (66)	83 Heads and Tongues (18)
7 Tongues	4 Kidneys and Fat
399 Livers (31)	8 thick and part thick Flanks (1)
473 parts Livers (42)	13 Skirts (5)

PORK—

61 Carcases and all Offal	30 Hindlegs
59 lbs. Pork	1 pt. Forequarters (1)
83 Heads and Tongues (83)	21 pt. Hindquarters
57 Sets Lungs	9 Forelegs
175 Livers	30 Hindlegs
4 Mesenteries (3)	22 Pigs Feet
63 Hearts	2 Shoulders
491 Plucks (2)	12 Hocks
36 Forequarters	3 pt. Loin

MUTTON—

10 Whole Carcases and all Offal	70 Plucks
17 Heads	4 Forequarters
4 Hindquarters	2 pt. Forequarters
393 Livers	

VEAL—

20 Whole Carcases and all Offal	2 Forelegs
17 Plucks	4 Hindlegs
4 pt. Hindquarter	6 Heads
1 Liver	4 lbs. Veal

OTHER FOODS CONDEMNED:—

214 tins Meat	42 tins Vegetables
20 tins Tomatoes	72 tins Preserves
19 tins Soup	1 lb. Peanut Butter
362 tins Fruit	6,593 Eggs (1320 Australian,
28 tins Fish	3140 Danish, 2133 English)
265 tins Milk	481 lbs. Cheese

OTHER FOODS CONDEMNED—

37 lbs. Biscuits	1 pkt. Suet
5 jars Pickles	22 pkts. Cereals
3½ galls. Pickles	½ lb. Chocolate Spread
13 bottles Sauce	5 tins Beverages
358 lbs. Bacon	2 jars Meat and Fish Pastes
26½ lbs. Cooked Ham	2 lbs. Prunes
17 lbs. Sausages	14 lbs. White Beans
185 lbs. Self Raising Flour	23 lbs. Peas
191 lbs. Sponge Mixture	13¾ lbs. Salmon
7 lbs. Custard Powder	6 pkts. Salt
49 lbs. Rice	1×1 pt. Jelly
7 lbs. Sago	21 Cheesecakes
10 lbs. Coconut	1 Swiss Roll

SCAVENGING.

The scavenging schemes which cover the whole district continued to operate successfully throughout the year. In the 48 parishes in the district House Refuse is collected weekly in 31 and fortnightly in 17. Night Soil is collected weekly in all parishes, but in Aylsham, Great Witchingham and Reepham collection is twice weekly from houses where there are larger families.

The four cesspool emptying vehicles removed 7212 loads from cesspools during the year.

All the work is carried out by direct labour, 15 vehicles are used and 31 men are employed.

Fifty-two tons of material were salvaged from House Refuse and produced an income of £245 12s. 5d.

During the year commencement was made on building extensions to the Council's depot at Frettenham, consisting of additional Garage accommodation and Stores.

WATER SUPPLY.

The bore well at Salle which is to be the main source of supply for the western part of the district was tested in January, and was found to afford a satisfactory yield of good wholesome water, and progress was made in the preparation of the scheme for the headworks and distributing mains.

At Foulsham, Lenwade, Weston Longville and Blickling where the Council operate small public water supplies and also at those Council Housing Estates where the water is piped, samples are regularly taken for bacteriological examination and a total of 521 samples of water were submitted for examination from the whole district during the year. All these schemes operated by the Council are small as will be noted from the

examples given by the following figures of the total quantity pumped during the year

at Foulsham	4,372,570 gallons
at Lenwade	506,000 gallons
at Weston Longville	262,000 gallons

All the Council wells are sunk into chalk and yield a water free from bacteria, but unfortunately it is hard and in many cases contains a considerable quantity of iron in solution which settles out on exposure to the air. The satisfactory removal of the iron is a matter of considerable difficulty, particularly as the schemes do not warrant the employment of an attendant and must of necessity operate under electrically operated automatic control. For instance at Lenwade, where the iron is successfully removed by aeration, it is found that the process occasionally results in some exposure of the water to dust, and as a remedy for this chlorination has been practised which requires careful regulation under automatic control, and demands close observation and very frequent sampling to ensure the highly satisfactory bacterial purity which is maintained in all the Councils supplies. It appears to be preferable not to attempt to remove the iron unless it is present in too high a degree, but endeavour is being made by careful observation to find a satisfactory remedy or to mitigate the inconvenience caused by its presence.

The Council extended the mains from their Housing Estate at Cawston in order to afford a supply to the new school.

In the eastern part of the district where the Norwich Corporation are the water undertakers, mains were laid to supply the parishes of Frettenham, Hainford and Spixworth and extensions were made at Newton St. Faith's and Horstead.

SEWERAGE.

The Aylsham sewerage scheme was completed and formally opened on 14th May; and by the end of the year 186 properties had been connected to the sewers. In order to encourage the owners to connect their properties to the sewers, the Council decided to make contributions of 50% of the reasonable cost in respect of existing drainage in addition to that due for closet conversion. The number of connections is steadily increasing.

Unfortunately, consent was not given by the Ministry for the laying of sewers in Reepham to proceed. The need for this scheme to be carried out is becoming increasingly urgent as untreated sewage is being discharged into ditches communicating with a river.

During the year additional sewers were laid to provide for the extension of the largest Council Housing Estate in Sprowston, and sewers were provided for the Council Housing Estate at Horstead.

HOUSING.

Considerable progress was made during the year in the building of dwelling houses as 274 houses erected by private enterprise and 74 houses

erected by the Council were completed. In the same period Licences were issued for the erection of 282 houses, the value of these Licences being £515,762. It will be appreciated that the examination of plans and supervision of the building of these houses under the Building Byelaws entails a considerable amount of work in this department.

During the year consideration was given to the making of Demolition Orders in respect of 9 unfit houses and 5 Demolition Orders were made, while in the other 4 cases undertakings not to use the houses for habitation, but for other purposes, were accepted by the Council.

With the continued improvement in the provision of new houses it is hoped it will soon be possible to proceed with dealing adequately with the many unfit houses and those in need of repair throughout the district.

Applications for Improvement Grants in respect of 12 houses were made during the year. Of these, 6 were not granted as the houses would not be brought up to the required standard or the proposed works did not rank for a grant. An application in respect of 2 houses was still under consideration at the end of the year. The Council approved grants amounting to £555 in respect of 4 houses. During the year works of Improvement were completed at 4 houses and the grants amounting to £650 which were approved during the previous year were paid.

BUILDING LICENCES.

During the year the following Licences were issued:—

				<i>Number</i>			<i>Value</i>		
							£	s.	d.
For New houses	282			515,762	0	0
For Repairs, etc. to houses	10			9,504	0	0
Supplementary Licences	8			3,008	10	0

BAKEHOUSES.

There are 21 Bakehouses in the district which are all well maintained and it was not necessary to serve any notices in connection with these premises.

PREVENTION OF DAMAGE BY PESTS ACT, 1949.

It is gratifying to be able to record that no case of really heavy infestation by rats was found during the year. Only 175 complaints of infestation were received from occupiers of premises in the district. An intensive inspection throughout the district is maintained by the members of the staff in carrying out the varied duties and the rat catcher makes special inspections covering the individual parishes from time to time. The total number of premises treated and cleared of rats during the year was 698.

Co-operation by occupiers has been readily given and in no case has there been any need to exercise statutory powers.

SUMMARY OF NUISANCES ABATED AND OTHER WORK CARRIED OUT DURING THE YEAR.

The following is the work carried out in abating nuisances and remedying Housing defects as a result of Informal and Statutory action taken during the year:—

HOUSING.

Sinks repaired	2
Piped water supplies provided	33
Well covers repaired	4
Pumps to wells repaired	2
Ashbins provided	8
Closet buildings repaired	4
New pails provided to pail closets	2
Rainwater gutters provided	1
Rainwater gutters repaired	3
Roofs repaired	16
Window frames repaired	9
Window glazing replaced	1
Floors repaired	8
Doors and doorframes repaired	5
Ceilings repaired	7
Walls repaired	7
Wall plaster repaired	12
Chimney stacks repaired	16
Stoves repaired	3
Dampness remedied	3
Staircases repaired	5
Coppers and ovens repaired or replaced	3
Rooms cleansed and redecorated	1

DRAINAGE:

Drains repaired	3
Drains cleared	2
Inspection chamber covers provided	1
Cesspools repaired	1

MISCELLANEOUS:

Accumulations of refuse removed	1
--	---

In conclusion, I should again like to thank the Chairman and Members of the Public Health Committee, and the Medical Officer of Health for their support, and to express my appreciation to each member of the staff for their efficient co-operation.

I have the honour to be,

Your obedient servant,

(Signed) H. S. HAWKINS, A.M.I.S.E.

TUDOR HALL,
ROSE LANE, NORWICH.

